

Health *counts!*

Health Counts

www.ump.hca.wa.gov/healthcounts

on the web

Join Health Counts Today!

Couldn't hurt ... in fact it can only help you get healthier. With Health Counts, you earn points for healthy behaviors like getting preventive screenings, exercising, and eating right. You'll feel better about yourself—you can watch your progress and maybe make



changes you've been meaning to make for a while. Once you accumulate 100 points, UMP will mail you a \$30 premium rebate check. Follow these simple steps to get started:

1. Go to **www.ump.hca.wa.gov**.
2. Select "Log into My Medical Account." If you don't have an account, select "register now." Have your UMP I.D. card handy.
3. Select "Health Counts" from your Medical Account home page.

4. Take the eHealth survey. It takes 20-30 minutes to complete.

If you have problems, call UMP Customer Service at 1-800-762-6004 for help.

I Did the eHealth Survey— Now What Do I Do?

After you complete the eHealth Survey, you will be guided to your online scorecard. There, you can check off the healthy activities you've already done and find out what you need to do to earn 100 points. The scorecard keeps track of your progress. When you complete behaviors like getting a flu shot, you can log back into your scorecard and record it. Once your scorecard adds up to 100 points, UMP will mail you \$30 check in 3-4 weeks.



UMP Covers Flu Shots

UMP pays up to \$30 for a flu shot. Get your flu shot coupon at **www.ump.hca.wa.gov**. If you get your flu shot at a network provider's office, he or she will bill UMP directly, and you won't need to send in a coupon.

Every Bit Counts!

Points for the eHealth Survey

Health Counts Points

30

Flu Season is Here

Protect yourself with a flu shot.

According to the Centers for Disease Control and Prevention, the best way to protect yourself against the flu is to get vaccinated. Flu shots are recommended for everyone older than 6 months.



Every Bit Counts!

Points for Your Flu Shot

Health Counts Points

10



**Uniform
Medical Plan**
Your health. Your plan. Your choice.

We'd like to hear from you. Visit the Health Counts website and tell us your story!
www.ump.hca.wa.gov/healthcounts/tellus.shtml

Tell Us Your Health Counts Story

Sharing your success can help motivate others. Has participating in Health Counts helped you to include more healthy behaviors into your lifestyle? How did you do it? What motivated you to start a new exercise program and/or healthy eating routine? What keeps you going?



If you're unable to earn Health Counts points because of a medical condition, or if it is medically inadvisable for you to achieve the standards required for the rebate, call us at 1-800-762-6004. We'll work with you to develop another way for you to qualify.

Blood Pressure Basics

Know your numbers!

High blood pressure (also called hypertension) can give no warning signs or symptoms until other serious problems happen. High blood pressure causes heart disease, congestive heart failure, kidney disease, and stroke. Blood pressure test results are given in two numbers; a top or systolic number measures the force of blood against your artery walls when your heart beats. The bottom number or diastolic number measures the force of blood against your artery walls when your heart is at rest.



	Systolic	Diastolic
Normal Blood Pressure	120 or less	80 or less
High Blood Pressure	140 or more	90 or more

Every Bit Counts!

Points for Knowing Your Blood Pressure

Health Counts Points

5

Winter Workouts

Too cold outside? Bring your workout indoors.

You don't have to give up your exercise and fitness goals during winter. Shake those winter blues—get creative and look for ways to bring your exercise routine inside:

- Continue your walking, cycling, and rock climbing routines at indoor facilities. Malls are great places for fitness walking with friends.
- Visit your local library and check out exercise videos for free. Try a new one every time you return the previous video.
- Find an indoor pool. Try lap swimming, water aerobics, or even walking or running laps in the water.
- Join a health club—explore your local gym, YMCA, and community centers.
- Create a home gym. You can exercise while watching TV (use hand weights, get on a stationary bicycle, or stretch). To save money, consider buying used equipment.
- Take the stairs. Find a good stairwell and start climbing.

Keep moving. Experts say it takes about six weeks to make a new exercise routine a habit. So by performing regular exercise for as little as six weeks, you gain an exercise habit, better health, and a \$30 check in your hands. Keep in mind it's much easier to stick to your habit of exercise than it is to start up again after months of inactivity.

Every Bit Counts!

Points for Exercising (for at least 6 weeks)

Health Counts Points

For 20 minutes/5 times per week, or 30 minutes/3 times per week	10
For 30 minutes/5 times per week, or 40 minutes/3 times per week	20
For 40 minutes/5 times per week	30

The ABCs of Cholesterol

(LDLs and HDLs)

High cholesterol is a leading risk factor for developing heart disease.

What is cholesterol and how much is too much?

Cholesterol is a waxy, fat-like substance your body needs to produce hormones, vitamin D, and bile acids that help you digest fat. Your body produces cholesterol and you get additional cholesterol from eating foods like dairy products, eggs, and meat. When you have too much cholesterol (too much LDL and/or not enough

HDL), you increase your risk of having a heart attack, heart failure, and stroke. LDL cholesterol levels can be lowered and HDL levels increased by increasing physical activity, eating more fruit and vegetables, and decreasing your intake of red meat and other high-cholesterol foods.

As recommended by the U.S. Preventive Services Task Force, UMP covers cholesterol screening in full once every five years. Men are covered beginning at age 35, women at age 45. Don't forget this important test!

	What Is It?	GOAL
Total Cholesterol	Your total blood cholesterol is a measure of your LDL cholesterol (the bad stuff) and HDL cholesterol (the good stuff).	Less than 200
LDL Cholesterol	(low density lipoprotein cholesterol) This "bad" cholesterol can cause plaque buildup.	Less than 100
HDL Cholesterol	(high density lipoprotein cholesterol) This "good" cholesterol helps to decrease bad (LDL) cholesterol in your blood—prevents plaque buildup and protects you from heart disease.	40 or more
Triglycerides	(another level measured when you get your cholesterol tested) Excess calories, alcohol, and sugar are converted into triglycerides and stored in fat cells throughout your body. A high triglyceride level has been linked to heart disease, specifically coronary artery disease.	Less than 150

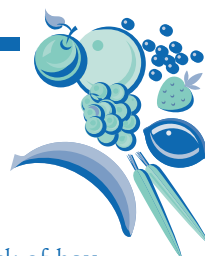
Every Bit Counts!

Knowing your cholesterol level



Health Counts Points

5



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Need Help Finding a Doctor?

UMP covers preventive care services at 100% when you see a network provider (see your *Certificate of Coverage* for a complete list of covered services). If you don't have a primary care doctor, check our online directory at www.ump.hca.wa.gov, or call 1-800-762-6004 to find a doctor near you.

Your \$30 premium rebate may be reportable as income on your taxes if your employer pays all of your medical premiums.

It's Not Too Late to Get Your \$30 Rebate for 2006!

If you haven't signed up for Health Counts yet, it's not too late to qualify for your \$30 reward for healthy behaviors in 2006. But don't wait too long! You need to maintain any new diet and exercise habits for six weeks to earn points toward your goal.

Look inside for details on how to earn your rebate.

If You're Already Participating . . .

This newsletter has information and tips to help you accumulate your Health Counts points.

What people are saying about

Health counts!

"I'm glad to see someone helping us before we get beyond the point of help. I like this idea."

"I was a health and fitness instructor/wellness coordinator for many years. I've looked at and taken a LOT of these kinds of surveys. This is one of the best I've seen. Thanks for coming up with a good-quality tool!"

"Thank you for creating this survey. I am about to start on some behavior changes for my overall health—taking the survey made me more aware of what I need to do to improve and maintain my health."

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